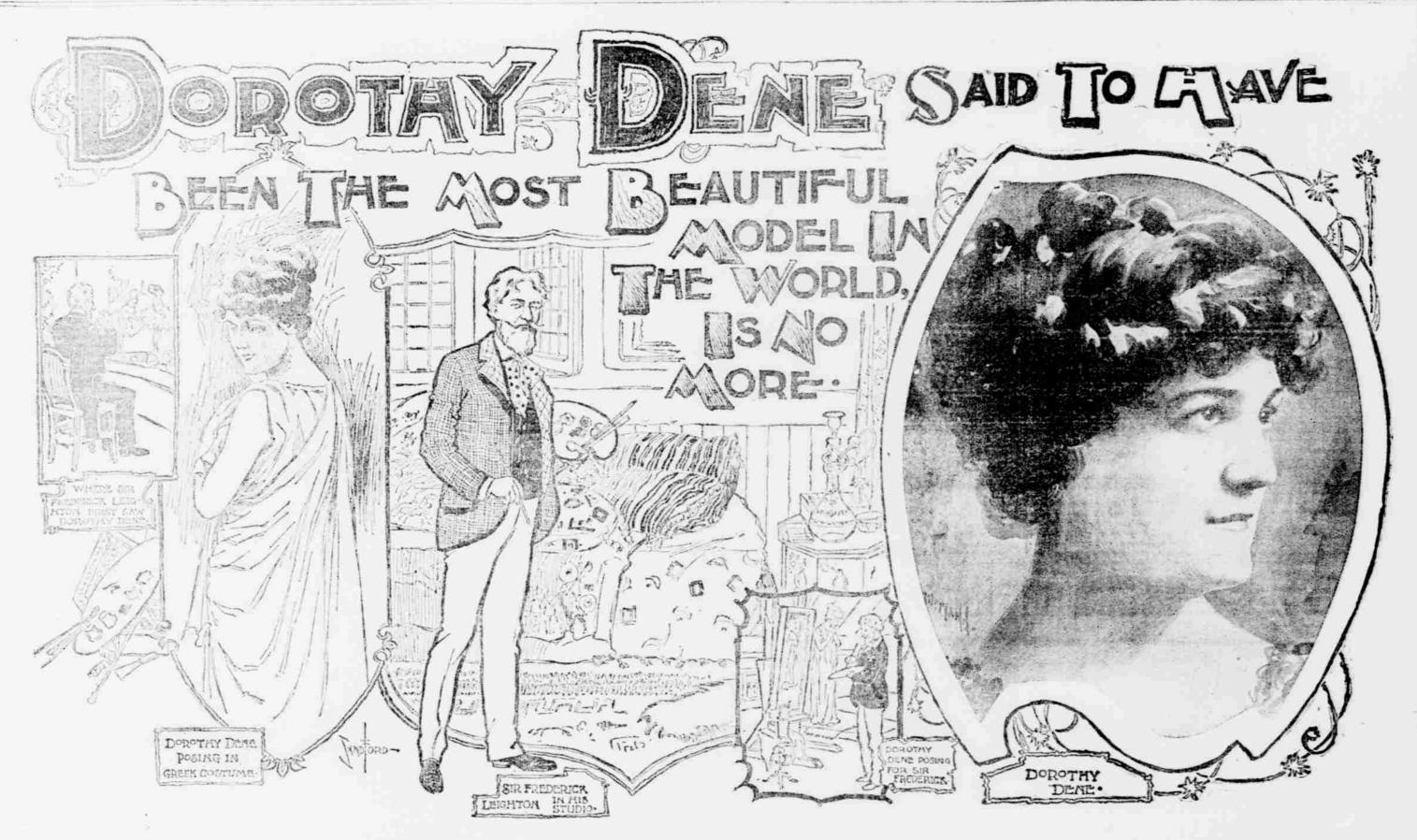
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NINETY-SECOND YEAR,

SUNDAY, FEBRUARY 18, 1900.

PRICE FIVE CENTS.



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THIS ST. LOUIS MAN HAS FASTED MANY DAYS.

The Motive, Feelings, Experiences and Results Described for The Sunday Republic by J. C. Geitz, Who Did Not Eat for Weeks.

Wittreer son treatments and an experience of the control of the pleasant art of faiting is the latest closed.

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About three sawsy gills and pottons and being the person of the control of a new school of the potton of the po



MR, J. C. GEITZ, WHO FASTS FOR HEALTH.

is a devout Christian, a member of the Methodist Church, and has been a prominent business man in North St. Louis for many years. He made his statement for publication and made it with the greatest care as regards dates and facts. All of the points touched on, and many more are recorded with scrupulous exactness in his clary.

There can be no fixed rule for eating or fusting. Each man or woman must decide what to eat and how much. But you may say for me that if the habit of going to the table three times a day and eating just as a matter of form, were abolished entirely, and men would let 'good digestion's

During his enforced fileness, Mr. Geltz entirely, and men would let 'good digestion made an exhaustive study of foods and wait on appetits, we doctors would have their effect on the human system, and has less to do."

being an exhausive study of foods and their effect on the human system, and has mapped out for himself a restmen which he finds is just what he needs to sustain life and vigor, leaving 'Hits waste. He thinks a man should eat only such thinks and in should eat only such thinks and in such quantities as he finds necessary by experience.

He declares that he has not taken a dose of any kind of medicine for more than a year, said does not think he will ever find it necessary to take another. He never used sirobolib simulants or tobacco, and he so not taken coffse or tea for five or six years. Since August 3, lest, he has enten no meat, and no animal food. He even requires that vegetable oils be used in bread, instead of lard, and draws the line at milk, butter and eggs. This is not because he is a vegetarian, but because he has found that creats and fruits supply all the forms of nourishment his system requires He thinks most men need a little meat now and then, but is convinced that 20 out of 100 eat more of it than is good for them.

Dector Otto Sutter, former Superintendent of the City Hospital, has known Mr. Gritz for years, and, while he has not treated him, has watched the cane with no Hitle interest.

"Any statement made by Mr. Gritz may be implicity relied on," said Doctor Sutter. "The las acropations of careful in all that he does and says, and is a man of the highest integrity, and not given to imagination. "I know of his case simply as a neighbor, He was in poor health for many years and is now much improved. If he is son-

years by it. I thank The Republic for vinced that fasting was the cure, I am giving me the opportunity to tell my suitering fellow-men what I have experienced
and I hope that many hopeless ones will
take courage, follow the same plan and
restore their health. The reason is that food of all kinds, esMr. Geitz is il years old. He is a small,
nervous man, a thinker and worker. He
is a devout Christian, a member of the
Methodist Church, and has been a promiMethodist Church, and has been a promi-